HOMEMAKERS' CHAT
FOR BROADCAST USE ONLY

U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION

SUBJECT: "Dress Up Desserts With a Sauce" - Information from food specialists of the United States Department of Agriculture

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Have you found that getting variety is your biggest problem in desserts, these days? Sparing the sugar means you're depending a lot on cooked fruits and on gelatin desserts.

Well, here's a tip from the food specialists of the United States Department of Agriculture.

Dress up your desserts with a good sauce. A simple custard sauce or a sauce made from fruit juice will add to the taste appeal.

And for something special, try Spanish cream. Don't be deceived by the title. You don't have to use rich cream to make Spanish cream. This good, frothy, chilled sauce is simply a mixture of custard and gelatin and well-beaten egg whites.

Use your standard custard recipe, but when you make the custard, separate the egg yolks and whites. Save the whites. You'll beat them and fold them into the sauce later. Get your gelatin ready in the usual way....that is....dissolve a tablespoon of gelatin in a fourth a cup of cold water. Then add this gelatin mixture to the custard while the custard's still hot. Stir the mixture well and let it get slightly thickened before you fold in the well-beaten egg whites. So that's what it takes to make Spanish cream - just a mixture of custard...some gelatin that's dissolved in cold water...and well-beaten egg whites. Flavor with vanilla. Molded and chilled, Spanish cream makes a luscious combination with canned, crushed fruit. You'll find it's good on fruit gelatin desserts too.

You can make another good sauce for desserts from cream cheese. For this, you blend the cream cheese with top milk. Then you add a half a cup of gelatin mixture that's slightly thickened. Sweeten to taste and use lemon juice to give the sauce sparkle. Beat the cream cheese sauce until it's light and fluffy. Pile it on top of your sugar-saving dessert for the day and you have a flavorsome dish to end a meal.

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